



2014-2015 Yoga Teacher Training School Catalog 1.7,
Thank you for your interest in this program!

School Information & Training Location

Core Functional Fitness by Hope Zvara
 c/o Copper Tree Wellness Studio
 1364 E. Sumner Street
 Hartford, WI 53027
 Website – www.hopezvara.com / www.coppertreewellnessstudio.com
 Telephone – 262-670-6688

Mission Statement & Philosophy

To provide superior quality teacher trainings for dedicated yoga students and students of life. To envelope aspiring yogis into a mindful experience of the yogic lifestyle. Teaching aspiring yogis that it's not just a pose, it's "taking the person beyond the limitations of the mind to discover and experience the true inner self". To set the bar for other programs to teach beyond the "asana" and teach yoga as a lifestyle and teaching what yoga really is not just asana. That to become a skilled, quality, knowledgeable yoga teacher you also become a teacher of life. "Taking what you learn on the mat into everyday life". I welcome you to take that journey with us!

History

Hope Zvara-*The Real Deal*, is a Yoga Teacher, Trainer and Expert specializing in the true art of Yoga and Core Functional Fitness™ for students, teachers and Fitness Professionals interested in practicing authentic mind-body Yoga and other practices in need of true connection.

Unlike traditional or extreme Yoga practices, Hope's Yoga & Core Functional Fitness® method empowers you to understand the "WHY" behind particular postures, and to effectively translate what you experience on the mat into your everyday life. The Core Functional Fitness by Hope Zvara® Yoga Teacher Training School (formerly: Hope Yoga Teacher Training) was developed by Hope Zvara, owner of Copper Tree Wellness Studio (est. 2006) in 2009.

Hope Zvara's core training is through Shambhava School of Yoga a spiritual based Hatha yoga practice. Hope has taught yoga for over a decade now and is an approved Experienced Registered Yoga Teacher at the 500 hour level through Yoga Alliance, Bender Ball Master Trainer and Meditation Teacher; in addition Hope has attended several workshops and certifications through the Gray's Institute for functional applied science. Her take on teaching is traditional, spiritual, and physical focusing on the functionality of the postures to everyday life.

This training is currently challenging the mainstream approach to yoga and how many have been traditionally taught; from breath work and alignment to approaching the pose and each person. This training is heavily focused on teaching teachers to learn how to think for themselves, and cultivate the tools, know-how and confidence to teach hands-on in a functional, beneficial way. Hope is known for her eye for detail and willingness to step outside the box and teach people rather than teach poses, her mission through this training is to give willing students the knowhow to be able to teach with confidence, to ask themselves what is the purpose of the pose and is it helping or harming and finally for all students who come through her program a tool box and understanding of what and how to really teach people, not just teach yoga.

This program is designed for both aspiring yoga teachers and those looking for a personal transformation program. Hope believes that before you can teach yoga, you must first understand how to live yoga and this program is a reflection of her journey with just that.

A completion of Hope Yoga 200 Hour Training Program will enable one to be eligible to apply for Registration with the Yoga Alliance (www.yogalliance.org)

Program Description & Style of Yoga Training

The Core Functional Fitness by Hope Zvara® Yoga Teacher Training Certification meets the minimum standards described by Yoga Alliance to become a Registered Yoga Teacher (RYT) at the 200 hour level.

Yoga Alliance requires 180 contact (class room) hours and 20 non-contact hours. This program is comprised of 192 contact hours and 65 non-contact hours. A certificate of completion is awarded upon satisfactory completion of all contact and non-contact hours. Contact hours are earned through regular attendance and non-contact hours are substantiated by completion of all required written assignments and reading. In addition this program requires all participants to complete with a passing grade of 80% or better a written exam in both anatomy and philosophy/lifestyle.

This program is a full look into the Self, those attending are asked to take some time to reflect and meditate if they have a deep desire and wish to grow. This program has extensive focus on the you-the student, growing, and body-mind-spirit. In order for you to become the yoga teacher and assist to life we must be willing to look within.

From that wish and work, *effective yoga teacher are born*. Hope focuses a great deal on assisting in self healing, and as aspiring yoga teachers we don't often think we need this focus, but in doing work like this, looking within, is imperative.

The 'teaching' aspect of this training and asana work is rich in functionality, looking at age old postures and helping students create an eye for actual functional needs in people's bodies. The Hope Yoga School is for those looking to develop a deeper understanding of not just the asana, but of human movement and functionality, those that are truly looking to help students heal: body, mind and spirit.

You will get an in-depth look at the use of the core and how each movement comes from the core, using props to enhance effectiveness of postures, pranayama, meditation, chanting / mantra, relaxation, chakras, lifestyle habits and special populations will be assessed.

It has been my experience that too many people are focused on "doing" the asana and not on the practice as a whole: body, mind and spirit (and in order to do this we need to look at individual needs not just flows and perfecting the asana, but rather the actual person practicing). Your yoga practice is your mirror for your life; a fast paced world usually means people tend to gravitate towards a fast paced practice, not even aware of what they are practicing / living. Yoga means "yoke" or "union" and this Teacher Training Program is meant to *yoke* you or create *union* with yourself.

We need to first understand ourselves, the practice (asana, the body on all levels) in order to even consider teaching it to someone else. I do not consider this just a certification by any means, it is a life changing experience one that is only for serious dedicated students of yoga and students of life. I look forward to taking this journey with you. Namaste.

School Facilities and Location

Copper Tree Yoga Studio & Wellness Center

1364 E. Sumner Street
Hartford, WI 53027

The phone number is 262-670-6688. The website is www.hopcorefitness.com / www.coppertreewellnessstudio.com

Our facility offers over 25 classes a week in our 900 sq. ft. cork floored studio, offering natural light, and an eco-friendly, Zen like atmosphere. As a student of Hope Yoga Teacher Training program you will be offered unlimited yoga classes, which are included in the program.

The studio is fully equipped with mats, blocks, blankets, straps and bolsters and any additional props. Teacher Training Students are encouraged to bring their own mats.

As an enrolled student in this training you will receive free yoga classes at Copper Tree and you will also receive 20% off all workshops and 20% off all retail purchases (some exclusion apply).

Catalog Changes

The Hope Yoga Teacher Training School reserves the right to make changes or revisions to this catalog. Every effort will be made to ensure the accuracy of information contained in this document. However, class topics for specific dates and times may be changed to accommodate teacher scheduling.

Admissions and Entrance Requirements

It is requested that applicants be 18 years of age. To be considered for the program applicants should have a minimum of one year regular practice or directors' consent. Applicants should be able to physically perform the techniques they will teach. In addition one letter of recommendation is required with the submission of your application (one not of relation).

There is a \$100 nonrefundable application fee to be submitted with the application. The applicant must complete and submit the application form and satisfactorily complete an admissions interview. Most program correspondence will occur electronically, so applicants should be computer literate and have access to e-mail. Upon acceptance into the program applicants must sign the Agreement & Liability Release form, the Yoga Teacher Code of Ethics form, and the Catalog Release form.

How to Apply

To apply to the program, please submit a completed application form along with \$100 application fee to the school. Once your application is received an interview will be scheduled with Hope Zvara, Studio and Teacher Training-Director. Please understand that application to the program does not guarantee acceptance.

The interview process is an opportunity to have any of your questions regarding the program discussed. Please submit your application early and at least two weeks prior to the start of the program, as spaces are limited and filled in order as qualified applications are approved. Applications submitted less than two weeks prior are not guaranteed admittance. Applicants will be notified of acceptance by telephone, in writing or by e-mail.

Advanced Standing

The school does not offer advanced standing for any previous trainings or course work for the *200 Hour Program*.

Non-Discrimination Policy

The Hope Yoga Teacher Training School does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race or religion.

Housing

Hope Teacher Trainings and Copper Tree Wellness Studio do not provide housing. If you expect to require housing, names and accommodation locations will be provided upon request.

Transportation to and from destination can be arranged at the cost of the traveler.

Employment Assistance Services

Hope Yoga Teacher Trainings do not offer employment assistance services. Seeking employment will be discussed as a part of the program. For additional information students are encouraged to visit Yoga Alliance website for more employment information. (www.yogaalliance.org)

Student Conduct

Integrity and ethics are standards in the Hope Yoga Teacher Training and are enforced as guidelines for a successful training and a successful Yoga Teacher. Students are expected to behave as mature adults. Any student that is disruptive may be terminated from the program at the School's discretion. Disruptive behaviors include, but are not limited to: chronic tardiness, harassing other students, defamatory statements either oral or written about any student or teacher or the school, breach of confidentiality, possession or being under the influence of drugs or alcohol during school sessions, destruction of school property, behavior creating a safety concern, or abusive language. The School will provide a Student with one written warning. Continued disruptive behavior will result in termination from the program.

Attendance

To gain maximum benefit from the program attendance at all sessions is required. Missing any portion of the training may result in Certificate of Completion being withheld. It is to the Student's benefit that all missed material is made up prior to the next scheduled meeting, but will be required to be made up prior to graduation. Students will sign in upon each meeting. If a student is 10 minutes or later past start time of training that will be deducted from their total hours and will need to be made up prior to receiving their Certificate of Completion. Make up instruction resulting from absences will be charged \$85 per hour. If continual absence from the program, director holds the right to terminate students enrollment.

Tardiness

Please be on time and arrive at least 15 minutes early to be prepared for the start of class. Once a scheduled session commences and the Student is not present that is considered tardy.

If a Student is more than ten minutes late for a session one hour will be deducted from their total contact hours. This hour must be made up as described in "Attendance" and will be charged at \$85 per hour.

Leaves of Absence

There are no leaves of absence. If an “emergency” may come up (death, birth...) arrangements may be made between student and director to make up missing work or student may be placed in a future training. It is then the student’s responsibility to pay any increase in tuition and there is a \$100 holding fee for training tuition for future trainings to be paid by the enrollee. Students have up to one year to re-enroll or make arrangements to complete the program.

Probation, Dismissal and Re-Admittance

Students will receive a written warning if and when they are not following the Code of Conduct as noted in “Student Conduct”. A second offence, students will be terminated from the program. In addition if student continues to perform poorly and fail to complete required readings and homework probation and or dismissal may be issued by the director as decided by the director on an individual basis. The School Director will make this decision in final. Students may re-apply for future training, however admission and acceptance is not guaranteed. In addition it is absolutely vital that students bring all their required materials to class failure to do this will result in probation and continued action of such may result in dismissal or make up time required at students’ expense.

[We have all the required books for sale in our store and if student needs to “borrow” a book they will be charged for the use of the book of a \$5 sitting charge per use].

Student Complaints

Students having concerns, complaints, or suggestions are encouraged to bring them to the attention of any school personnel. A decision by the School Director on all complaints is final. Students may contact director in person, by phone or e-mail/writing. If the complaint cannot be resolved a third party may be involved to resolve the issue.

Further issues can be taken up with Wisconsin Educational Board 608-266-1996 / <http://eab.state.wi.us>

Canceling of Teacher Training

In the event that this training does not run, Copper Tree’s HOPE School of yoga will give notice less two weeks prior to start day of training and all monies will be refunded or held up to one year to complete the training at the students liking.

Tuition and Fees:

Please make all checks payable to Copper Tree Wellness Studio.

Total cost for this 8 month program is \$3,300 when paid 60 days prior to start date.

We offer 3 Payment Options:

Option 1:

Register and pay the full amount, of \$3,300, sixty days (60 days) before the first day of training. The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$500 deposit must be submitted within SEVEN days to hold your place in the class as a student. The remaining \$2,700 is due no less than 60 days before the first day of training.

Application and deposit are only to be made in check or cash form.

(Example: First day of training is October 1st; you have until August 2nd to complete the payment).

Total Payment \$3,300

Option 2:

Register in less than 60 days before first day of training, and pay full amount, \$3,500 by or on the first day of training. The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$500 deposit must be submitted within SEVEN days to hold a place in the class as a student. The remaining \$2,900 is due by the first day of the training.

Application and deposit are only to be made in check or cash form.

(Example: First day of training is October 1st and you decide to attend, register and with less than 60 days to start of training, you would fall here).

Total payment \$3,500

Option: 3:

This is a two payment option. There is a \$100 application fee for this option. The \$100 application fee will be applied to the tuition payment. Upon acceptance into the school a \$500 deposit must be submitted within SEVEN days to hold your place in the class as a student. Pay \$1,500 on your first day of training or before. Pay \$1,500 before or on the first day of training weekend four.

Application and deposit are only to be made in check or cash form.

Total payment: \$3,600

There is a minimum \$85 charge for any deficient program hours needed to be made up with faculty.

Cancellation and Refund Policy

If notice is given 3 business days prior to the start date of the program students will be given a full refund, within any means of withdrawal Core Functional Fitness by Hope Zvara® Yoga Teacher Training School. Anything less than 3 business days, students may put their program on hold up to one year for a \$100 hold fee; otherwise, the above school will refund students monies within 10 business days of cancellation After start date please see below for tuition reimbursement breakdown.

A written notice of withdrawal is not required.

A student who withdraws or is dismissed after attending at least one day in any tier will be refunded for the full amount of any following tiers, but not for the tier from which they have attended any portion of. No portion of tiers attended will be refunded. Once 60% or more of the program is completed no refunds will be given. All refunds shall be returned within 40 days.

Example:

At Least	After Completing:	But Less Than	Refund of Tuition
1 unit/class		10%	90%
10%		20%	80%
20%		30%	70%
30%		40%	60%
40%		50%	50%
50%		60%	40%
60%		no	no refund

The required textbooks are (Please note that our book list is being revised details will be given further upon acceptance of application)

- ☞ Heart of Yoga by Desikachar
- ☞ Yoga and Ayurveda by David Frawley
- ☞ The Yamas & Niyamas by Deborah Adele
- ☞ Yoga Anatomy, 2nd Editon by Leslie Kaminoff, Amy Matthews
- ☞ Hope Yoga Hatha Yoga Manual (asana) & Pranayama Manual *Included with tuition*
- ☞ The Key Muscles of Hatha Yoga by Ray Long MD FRCSC (Scientific Keys Volume I) Anatomy of Hatha Yoga by David Coulter
- ☞ Revised Edition: Anatomy of Movement by Blandine Calais-Germain
- ☞ The Tree of Yoga by BKS Iyengar
- ☞ And two books of choice (one book relating to the broad category of yoga and the other energy and chakras)
- ☞ Hope Yoga TT School holds the right to add a (any) additional required books to the list at any time to help further the students understanding and knowledge.

Textbooks can be purchased through any book retailer or at Copper Tree Wellness Studio. *Copper Tree's prices are competitive with other dealers. If you purchase any of the books through Copper Tree we will offer you a discount of 20% off each title.*

We hold the right to add or take away any titles needed for this training at any time.

Other Recommended Reading:**Asana Readings & Anatomy:**

- 📖 Back Care Basics by Mary Schatz, MD
- 📖 Light on Yoga by B.S. Iyengar
- 📖 Moving into Stillness by Eric Schiffman
- 📖 The New Yoga for Over 50 by Suza Francina
- 📖 Yoga for Wellness By Gary Kraftsow
- 📖 The Psoas Book by Liz Koch
- 📖 Pelvic Power by Eric Franklin
- 📖 Trail Guide to the Body by Andrew Biel
- 📖 Yin Yoga by Paul Grilley
- 📖

Meditation & Philosophy Readings:

- 📖 I Am That by Swami Muktananda
- 📖 Play of Consciousness by Swami Muktananda
- 📖 A Seat By The Fire by Sri Shambhavananda
- 📖 Bringing Yoga to Life by Donna Farhi
- 📖 Secret of the Siddhas by Swami Muktananda
- 📖 The Inner Traditions of Yoga by Michael Stone
- 📖 Manual for Living: A user's guide to the meaning of life by Seth David Chernoff
- 📖 Chakras for Beginners by David Pond
- 📖 Emotional Yoga by Bija Bennett

Ayurveda Readings:

- 📖 Yoga & Ayurveda by David Frawley
- 📖 Ayurveda & Aromatherapy by Dr. Light
- 📖 Ayurveda: The Science of Self Healing by Dr. Vasant Lad
- 📖 Ayurvedic Healing: A Comprehensive Guide by David Frawley
- 📖 Yoga for Your Type by Frawley / Koak

Other Readings of Interest:

- 📖 Essential Oils Desk Reference or Pocket Reference by Essential Science Publishing
- 📖 The Art of Possibility by Bend Zander & Zander
- 📖 Your Body Speaks Your Mind by Deb Shapiro

Book reports will be graded pass/fail and are due in the order they are assigned. Students are required to submit book reports the day they are due (This will be discussed in session). Students will receive grades by start of next tier of training and have one chance to resubmit a report for a passing grade by end of current tier. Upon a passing grade student will be "current" in all grading of reports, if "fail" other arrangements will be made to meet the requirements at students cost. Please note that copies of reports will not be given back unless they need to be resubmitted.

For each book report please:

1. Type a 1-2 paragraph overview/synopsis on the material covered. Additional details may be given the day the assignment is handed out. The rest of the report is the students view, likes/dislikes, how he/she will apply this, what has the student taken from this reading.
2. 2 Book reports are chosen books by the student. These books must be a book he/she has not read before. One book will be mandatory by the instructor, Tree of Yoga by BKS Iyengar and written in the same fashion.
3. These reports in full will be no less than 1 page and no more than 2 pages typed (*please note that the library has access to computers for typing purposes*).

Other things to remember:

4. Students are expected to maintain a daily journal of their personal practice and teaching experiences. Students are encouraged to attend one-two classes per week preferably at Copper Tree Wellness Studio, but no less than ten classes total within the months of teacher training program. Assistance to find an appropriate studio/class in ones area will be offered. Students are also encouraged to keep up a daily practice throughout the program and journal on their experiences. If classes are not taken at CT then student will be required to get authorized signature from leading teacher as proof of attendance each time (students can have the teacher sign off in the students' journal). Students in general are encouraged to keep a log of classes attended.
5. Negligence of any kind is not tolerated in anyway. *If something is unclear it is the responsibility of the student to speak up and ask.* It is in respect of the instructor and other students that all YTT's remain alert, engaged and in precipitation. We understand that days are long but continual lack of participation of any kind is not tolerated unless medical reasons allow.

6. Certification will not occur if the student fails to demonstrate safe instruction, the student fails to demonstrate understanding of the material presented, or the student violates the Code of Ethics.

Certification

To receive a certificate of completion from Hope Yoga Teacher Training School students must pass all exams with 85% or more passing percentage, complete all book reports satisfactorily, fulfill all teaching practicum hours, and meet attendance requirements.

Students' Records

Student records are maintained at Copper Tree Wellness Studio in computer and paper files. The records maintained include the application, book report and exam completion, attendance records and a copy of the Certificate of Completion. Records will be stored for a period of seven years from the date of graduation. Records are private and only accessed by school's director; students must contact Copper Tree Wellness Studio in writing to obtain records or a replacement graduation certificate. Records will only be sent to the participant. There is a \$25 fee for replacement certificates.

Graduation Requirements

Graduates will meet the program requirements as outlined in this catalog (complete all book reports, journaling, classroom hours, **80% or higher on all exams**, and complete a practical evaluated by the director). In order to receive a Certificate of Completion the Student is required to have met the required contact and non-contact hours required by the program enrolled in by the last day of teacher training. Students receive Certificate of Completion upon last day of training.

Core Functional Fitness by Hope_Zvara Yoga Teacher Training and Copper Tree Wellness Studio staff is available to fulfill deficit contact hours at a minimum \$85 per hour.

- ☺ In addition to required classroom contact hours, students will be required to assist/observe 6-8 classes, over the training weekends (if this takes longer the certificate will be withheld until day of completion) = Total Contact Hours = **Minimum of 8 hours** (these hours will need to be signed by observed/assisted teacher & this can be set up prior to chosen date & we can arrange to accommodate YTT's needs. If you are not assisting or observing at Copper Tree you must get a signature from the teacher observing and assisting.
- ☺ **HOPE Yoga Teacher Training Graduates will also be required to teach (by donation, donations from students will go to local charity) 2, 1-hour classes, arranged for post-graduation of the program, details given at a later date, these classes will be held at Copper Tree.**
- ☺ **Total Program Contact Hours:**
 - **Here is a Contact Hours Breakdown:**
 - **Weekends = 168**
 - **Testing Weekend = 8**
 - **Observation Hours = 8**
 - **2 (1hour) Classes Taught = 2**
 - **Workshop Hours = 6**

Total Contact Hours: 192 *(Required by Yoga Alliance 180 hours)*
Total Non-Contact Hours: 65-68 *(Required by Yoga Alliance 20 hours)*
Total Contact and Non-Contact Hours: 260
- ☺ It is the responsibility of the Yoga Teacher Trainee to pay for the additional workshop hours needed at a reduced rate of 20% off.

Please Keep a copy of this Catalog for your records and bring it the first day of class!

Teacher Training Application (please return the following portion)

- ③ Date:
- ③ Name:
- ③ Address:
- ③ Phone(s):
- ③ Fax:
- ③ Email:
- ③ Date of Birth:
- ③ Referred By:
- ③ Current Occupation:
- ③ Emergency Contact:
- ③ Emergency Phone:
- ③ Comments:

Please include a color photo of yourself with the application (via e-mail use jpg or tif).

To enroll in the Hope Yoga Teacher Training Program, please submit the Application for Admission, reference letter, resume and the \$100 deposit (check or cash only).

Application for Admission – This is the heart of the application in which you have the opportunity to communicate and express who you are and where you are going and why you think you would be an amazing Yoga Teacher.

Acceptance and Notification – You will be contacted upon receipt of your application and an admissions interview will be scheduled. In-person interviews are preferred.

Deposit – The deposit will be refunded in full in the event you are not admitted to the program. Once your acceptance letter has been mailed, the deposit is non-refundable.

Completed applications should be sent to or dropped off:

- ③ Hope Zvara, Director
Core Functional Fitness by Hope Zvara® Yoga Teacher Training Certification
c/o Copper Tree Wellness Studio
1364 E. Sumner Street
Hartford, WI 53027

Please respond to the following questions. Include the original question with your response.

- ③ **Essay Questions:**
 1. Do you currently teach Yoga? If so, where have you been trained and what style (method of practice) do you teach?
 2. If you do not currently teach yoga, why do you want to teach yoga/take this program?
 3. How long have you been practicing yoga? Do you have a daily practice? If so, please describe it briefly.
 4. Why do you want to take this program? What are your expectations for the training? What do you hope to gain, learn, or improve?
 5. What teachers have influenced you the most? Give a detailed overview of your yoga and fitness/spiritual background including all workshops and trainings you have attended.
 6. Describe some of your other interests and hobbies.
 7. Describe your physical health (major illnesses, injuries, surgeries, physical conditions).
 8. Have you ever been injured from any fitness practice? If so, please describe in detail.
 9. Have you studied any other fitness related areas?
 10. List any degrees or certifications you hold in the related field:
 11. Who can we call in case of an emergency:

☺ **Core Functional Fitness by Hope Zvara® Yoga Teacher Training Certification School Agreement & Liability Release**

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Hope Zvara, any teaching staff or Copper Tree Wellness Studio. I have carefully read this agreement and the entire contents of the CFF Yoga Teacher Training Catalog and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Hope Zvara and teaching staff, The CFF Yoga Teacher Training School and Copper Tree Wellness Studio and all such hosts, instructors, organizers, and participants.

☺ SIGNATURE: _____ DATE: _____

☺ PRINTED NAME: _____

CORE FUNCTIONAL FITNESS BY HOPE ZVARA® YOGA TEACHER TRAINING SCHOOL:

YOGA TEACHER CODE OF ETHICS

As a yoga teacher, I recognize that it is my responsibility and privilege to support the physical, mental, and emotional welfare of my students, and to uphold the dignity and integrity of the yoga teachings. Therefore I agree to abide by the following ethical code:

Relationships with Students

As a student and teacher of Yoga, I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
3. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
4. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
5. Respect the rights, dignity, and privacy of all students.
6. Avoid words and actions that constitute sexual harassment.
7. Understand that my personal relationships of all and any kinds must and will be kept separate from my training and will not interfere with my learning and the learning of others in any way.
8. Adhere to principles of respect of other and the human existence.
9. Follow all local government and national laws that pertain to my Yoga teaching and business.
10. I understand that it is not the program director, facility or Copper Tree's responsibility to remind me of training dates, class times and when materials are due. I will conduct myself in a responsible, adult-like manner, if something is unclear or confusing I understand it is my (the students) responsibility to ask for additional help or direction as needed.

Advertising

In brochures, advertising, and other descriptions of my services (including verbal), I will:
 Make no exaggerated claims as to the benefits of yoga practice or my classes.
 Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.
 Not falsely imply sponsorship by, representation of or endorsement by any organization.

I give my permission and release all rights to any photography or videography taken of me during the duration of this training.
 _____ (Initial)

 I have read and understood this code of ethics and hereby agree to honor its provisions:

Signature _____ Date _____

Print Name _____

CORE FUNCTIONAL FITNESS BY HOPE ZVARA® TEACHER TRAINING SCHOOL CATALOG RELEASE
I have read, understand, and agree to the terms and conditions for application, admission, and participation in the **CORE FUNCTIONAL FITNESS BY HOPE ZVARA® TEACHER TRAINING**.

Name (printed) _____

Date _____

REGISTRATION & PAYMENT:

I am applying for Core Functional Fitness Yoga Teacher Training Program

Start Date: _____

End Date: _____

I ACKNOWLEDGE THAT THE DATES FOR THIS TRAINING ARE LISTED ON THE WEBSITE (www.HopeZvara.com or www.CopperTreeWellnessStudio.com), AND I ACKNOWLEDGE THAT IT IS MY RESPONSIBILITY TO MAKE SUCH DATES; I AM AWARE OF AND HAVE BLOCKED OUT THE WEEKENDS I AM REQUIRED TO ATTEND THE TRAINING. (Initials) _____

Application Fee \$100

Payment Options see page 5 of this catalog.

- Payment Option One \$3,300*
 Payment Option Two \$3,500
 Payment Option Three \$3,600

Your deposit of \$500 will be due no later than seven days after acceptance into this program. Today's payment only reflects your the \$100 application fee along with your payment selection option. It is not the responsibility of the program director or Copper Tree to remind you of such payment or your payment selection and when the fees are due. (Initials) _____

- Cash (If paid in person by stopping by Copper Tree Wellness Studio)
 Check # _____

Notes to the director if any please state below:

Dates for Yoga Teacher Training Program 2014-2015

Location: Copper Tree Yoga Studio & Wellness Center in Hartford, WI

1364 E. Sumner Street, Hartford, WI 53027

262-670-6688

www.CopperTreeWellnessStudio.com

info@coppertreewellnessstudio.com

Friday's 6pm-9pm, Saturday's 8am-5pm, Sunday's 8am-5pm

1. Friday, October 17-Sunday, October 19 2014
2. Friday, November 14-Sunday, November 16 2014
3. Friday, December 5-Sunday, December 7 2014
4. Friday, January, 2-Sunday, January 4 2015
5. Friday January 30-Sunday, February 1 2015
6. Friday, March 6-Sunday, March 8 2015
7. Friday, March 27-Sunday, March 29 2015
8. Friday, April 24-Sunday, April 26 2015
9. Testing day: Saturday, May 2 2015

Please keep this for your records!